



BREASTFEEDING AND LACTATION SUPPORT

Local Resources

- The perinatal nursing staff during your stay at JBER
- Childbirth & Breastfeeding Class (can be scheduled through Women's Health Clinic)
- La Leche League of JBER/Eagle River
 - Small discussion groups about breastfeeding topics
 - Meets every fourth Wednesday of the month at the Soldier's Chapel, Fort Richardson
 - [Www.LLLI.org](http://www.LLLI.org)
- New Parent Support Program through JBER Family Advocacy; 580-5858, M-F
- **Lisa Edwards (Lactation Consultant for JBER)**
 - **580-1401; Office hours: Monday-Friday 0730-1630**
- Capt Herrick (Lactation Consultant in training)
 - - 580-4314; Office hours: Monday– Friday 0730-1630
- JBER WIC Office: 343-4668 (Artic Oasis Community Center)
 - -Catherine Tapey, IBCLC, RLC
- **Lake Otis Pharmacy– 4201 Lake Otis PKWY #563-7878**
 - **Pump rentals: \$45.00/month: must use credit card**
- ON-LINE: Center for Disease Control: <http://www.cdc.gov/breastfeeding/promotion/index.htm>; Kellymom.com; HealthyChildren.org; <http://www.pregnancyatoz.org>

